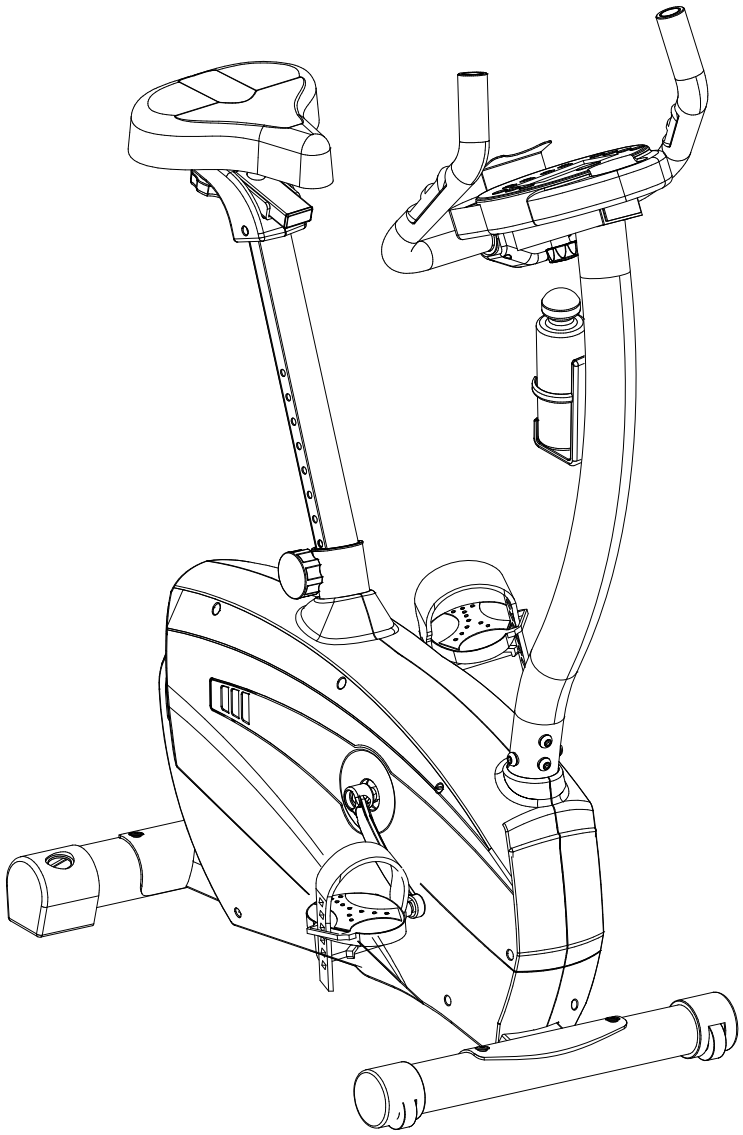
112/113 Schwinn® Upright Exercise Bike

Parts List

Full Size Hardware Chart

Product Illustration

Assembly Instructions



P/N 001-7243 Rev B 03/26/08

FITNESS SAFEGUARDS AND WARNINGS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the correct exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition.

The following 3 warnings listed below are also located on the computer console mast of the exercise bike. Failure to follow any of these safeguards may result in injury or serious health problems.

- Read and understand the Owner's Manual and operation instructions prior to use. If you do not have an Owner's Manual, call 1-800-864-1270 to obtain one.
- If you feel any unusual pain or tightness in your chest, shortness of breath or dizziness, feel faint or have any discomfort while you exercise, **STOP!** Consult your physician.
- Keep children and pets away.

Other Important Safeguards and Warnings

- Do not exceed maximum user weight of 136 kg (300 lb.)
- It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
- Use this equipment only on a solid level surface. Cover the floor or carpet beneath this equipment for protection.
- Read the Warning Label located on the computer console mast.
- Do not place fingers or any other objects into moving parts of the exercise equipment.
- This equipment is designed for use by persons aged 13 years and older. Teenagers should be supervised.
- Always wear athletic shoes for foot protection. Avoid wearing loose clothing that may become entangled in the drive mechanism.
- Warn bystanders to keep a safe distance, especially from the moving pedals. Do not allow anyone to touch the bike while it is in operation.
- This equipment is for home use only. Do not use in a commercial, institutional, or rental setting.
- Care should be taken when mounting or dismounting the exercise bicycle.
- Do not operate in damp or wet conditions.
- Follow proper set-up and guidance as outlined in the Owner's Manual and Assembly Instructions. Only use the bike as outlined in usage instructions of the Owner's Manual.
- Prior to each use inspect the bike for loose, broken, or worn parts. Do not use if found in this condition. The safety of the equipment can only be

ensured if it is regularly examined and maintained. (See Maintenance section of the Owner's Manual)

- Refer to the Maintenance section in the Owner's Manual and disconnect power supply before servicing the bike.
- Replace Warning Label if damaged, illegible, or removed.
- We recommend that a minimum distance of 1 meter (39 inches) surrounding the bike is kept clear of all obstructions, including children, bystanders, and pets. This is to ensure adequate clearance for easy access to the bike and to avoid any possible contact with the moving pedals

112/113 Schwinn Upright Bike Parts List, Hardware Chart, and Assembly Instructions

Assembly of the 112/113 Upright Bike is divided into 7 easy stages; each comprised of only a few setup steps. Before proceeding with the assembly, please read over the easy to follow instructions to familiarize yourself with the process.

• A flat area of 4' x 6' is suggested to assemble and properly use the 112/113 exercise bike.

• You will need the following tools to complete the assembly:

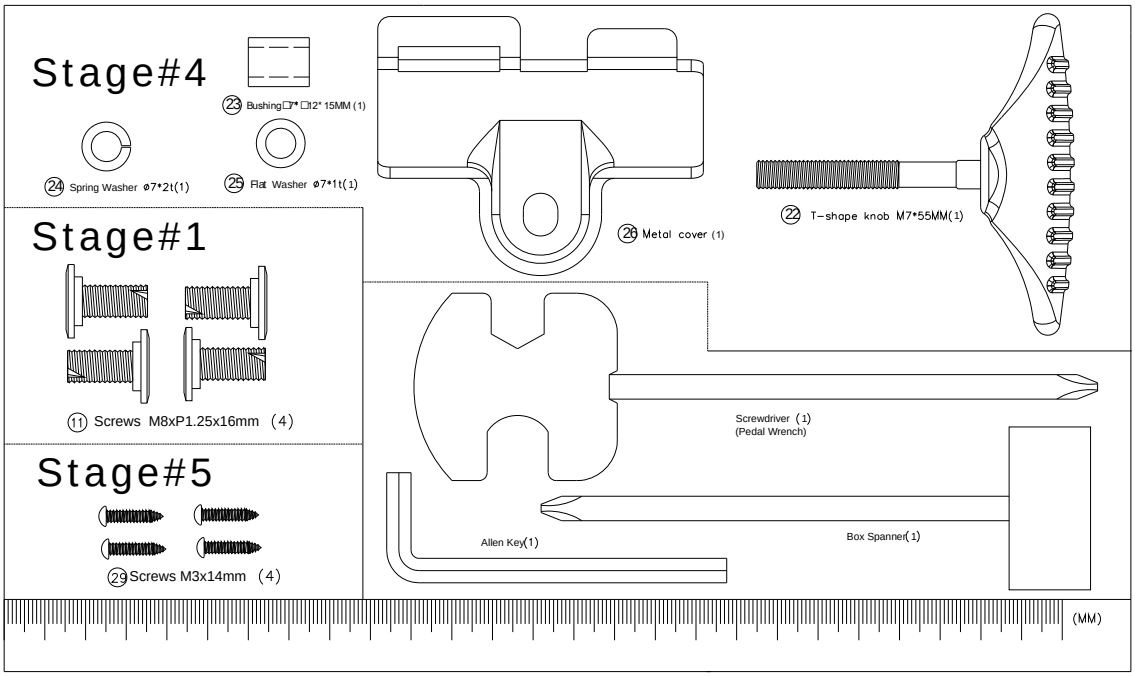
6mm Allen wrench (supplied)
Open wrench 13mm, 14mm, 15mm (supplied)
Phillips screwdriver (supplied)

Also, to ensure quick and easy set up of the 112/113 Upright Bike, please verify the size and quantity of each of the enclosed assembly hardware. Included is a handy full size hardware chart and parts list of each of the required assembly hardware. Simply match up the corresponding hardware to each full size drawing.

Parts List

Check	Quantity	Description	Reference #
__	1	Computer	1
__	1	Handlebar Assembly	2
__	1	Upper Heart Rate Cable	4
__	4	Computer Mounting Screws	5
__	1	Computer/Handlebar Mast	6
__	4	Curved Washers	7
__	4	Allen Bolt M8 x P1.25 x 16mm	8
__	1	Computer Cable (upper)	9
__	1	Computer Cable (lower)	10
__	4	Flat Head Screws 8x16L	11
__	1	Front Stabilizer tube (w/wheels)	12
__	1pr	Pedals	13
__	1	Main Unit	14
__	1	Rear Stabilizer Tube	15
__	1	Seat Post Adjustment Knob	16
__	1	Seat Post	17
__	1	Water Bottle	18
__	2	Screw 5 x 20L	19
__	1	Bottle Cage	20
__	1	Seat	21
__	1	T-Knob	22
__	1	T-Knob Bushing	23
__	1	Spring Washer	24
__	1	Flat Washer 7x12x1T	25
__	1	Handlebar Clamp	26
__	1	Front Handlebar Cover	27
__	1	Rear Handlebar Cover	28
__	4	Screw M3x14L	29
__	1	Adjustment Knob	30
__	1	Power Plug	67

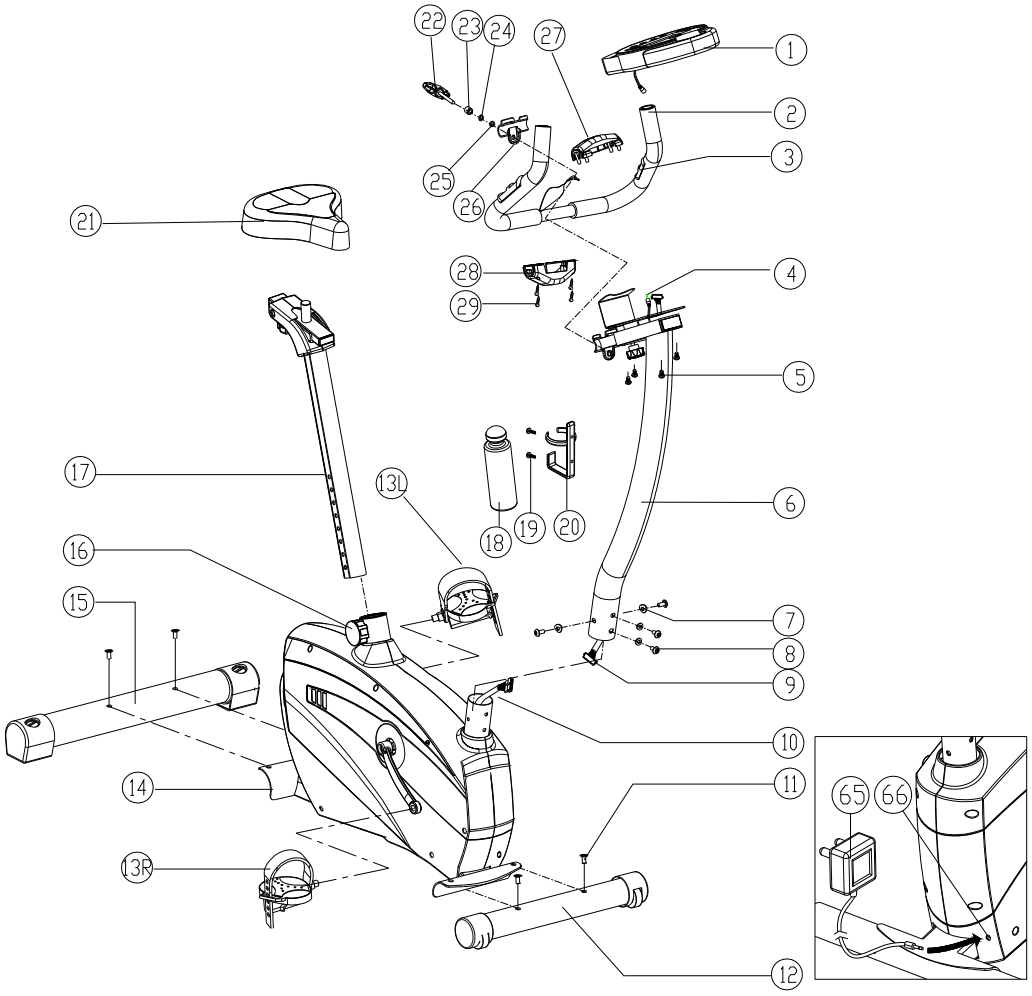
Hardware Chart



Note: Please verify you have all correct parts and quantities before assembling unit.

If you are missing items, are short quantities, or have damaged components, please contact Schwinn at 1.800.864.1270

112/113 Assembly Drawing with Reference Numbers



Replacement Parts List

Reference #	Description	Part #
1	Computer	18143 (112)
		18142 (113)
2	Handlebar Assembly	18154
4	Upper Heart Rate Cable	18141
5	Computer Mounting Screws	18094
6	Computer/Handlebar Mast	18127
7	Curved Washers	18098
8	Allen Bolt M8 x P1.25 x 16mm	18001
9	Computer Cable (upper)	18046
11	Flat Head Berynut 8x16L	18136
12	Front Stabilizer tube (w/wheels)	18125
13	Pedals	18255 (112)
		18048 (113)
15	Rear Stabilizer Tube	18126
16	Seat Post Adjustment Knob	18132
17	Seat Post	18128
18	Water Bottle	85012
19	Screw 5 x 20L	83052
20	Bottle Cage	18005
21	Seat	18036 (112)
		18103 (113)
22	T-Knob	18043
23	T-Knob Bushing	18044
24	Spring Washer	95623
25	Flat Washer 7x12x1T	30126
26	Handlebar Clamp	18124
27	Front Handlebar Cover	18148
28	Rear Handlebar Cover	18149
29	Screw M3x14L	18135
30	Adjustment Knob	18133
67	Power Plug	18069
N/A	Right Shroud	18146
N/A	Left Shroud	18145

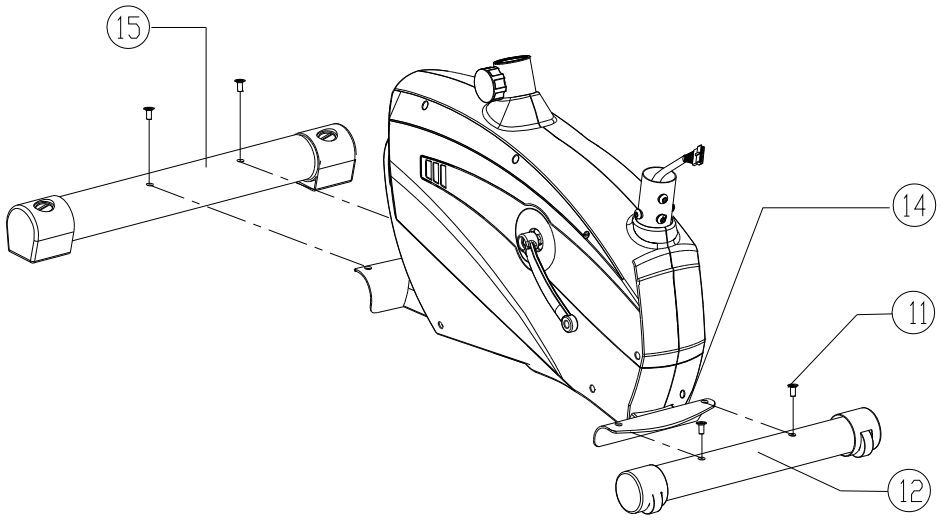
Instructions

IMPORTANT!: To ensure ease of assembly please verify the size and quantity of all the required assembly hardware and parts with the enclosed parts list and full size hardware chart.

Each step of the assembly process has been broken down into 7 easy-to-follow stages. Please take just a few moments to read over these instructions to familiarize yourself with the process to make assembly quick and trouble-free.

Assembly Stage #1

Attach Front and Rear Stabilizer Tubes to Main Unit

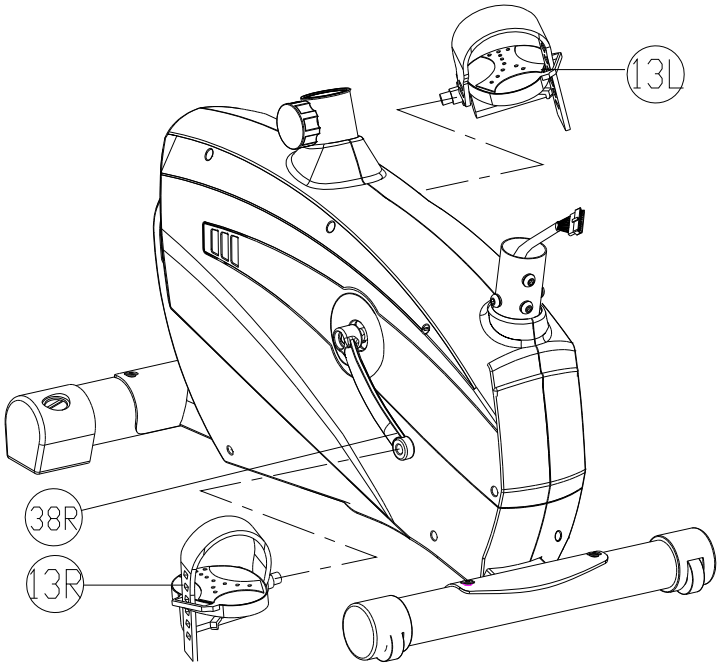


Assembly hardware required: (4) Flat Head Screw 8x16L (item #11)

1. Attach the FRONT STABILIZER TUBE (#12) to the MAIN UNIT (#14) by inserting the two FLAT HEAD SCREWS (#11) into the holes in the stabilizer and front of the main unit. Make sure that the wheels on the front stabilizer tube are facing away from the main unit. Tighten bolts securely
2. Attach the REAR STABILIZER TUBE (#15) to the MAIN UNIT (#14) by inserting the two FLAT HEAD SCREWS (#11) into the holes in the stabilizer and rear of the main unit. Make sure that the leveler adjustments on the rear stabilizer tube are facing up. Tighten bolts securely.

Assembly Stage #2

Attach Pedals to the Crank Arms on Main Unit

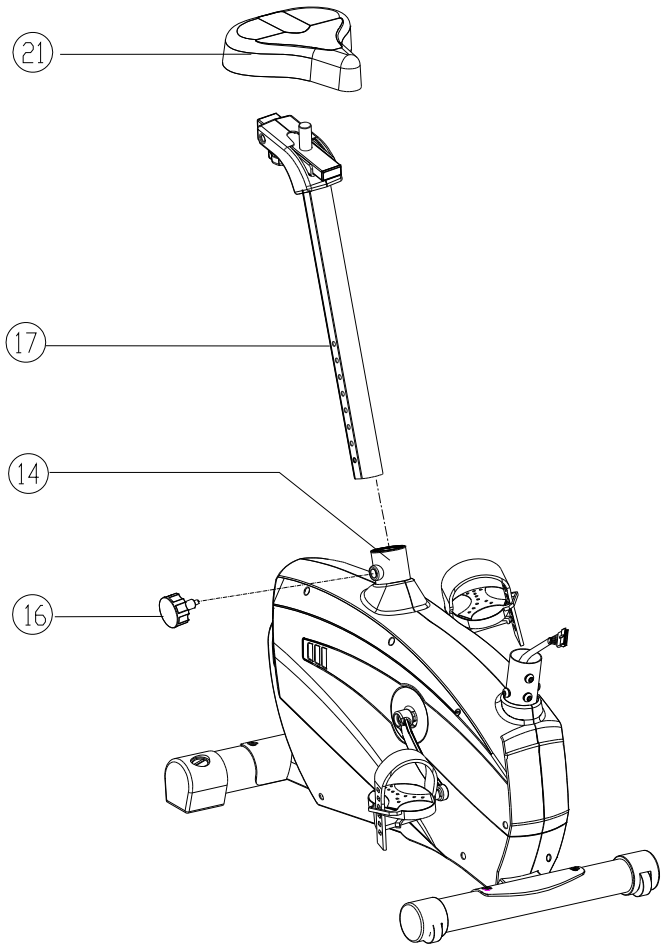


Assembly hardware required: **NONE**

1. Attach right PEDAL (#13R) to the right crank arm on the RIGHT CRANK (#38R). Thread the pedal onto the crank arm and then tighten with pedal wrench.
2. Attach left PEDAL (#13L) to the left crank arm on the LEFT CRANK (#38L). Thread the pedal onto the crank arm and then tighten with pedal wrench. **Note: There is a right pedal and a left pedal, marked by R and L. The threading on the left pedal is reversed from the right pedal. Counterclockwise rotation tightens while Clockwise rotation loosens on the left pedal. To avoid stripping of the threads be careful to use the proper pedal.**
3. Attach PEDAL STRAPS (#28) to each PEDAL (#13). Again each strap is labeled with an R or an L corresponding to the right and left pedal straps.

Assembly Stage #3

Attach Seat Post, Slider, and Pad to Main Unit

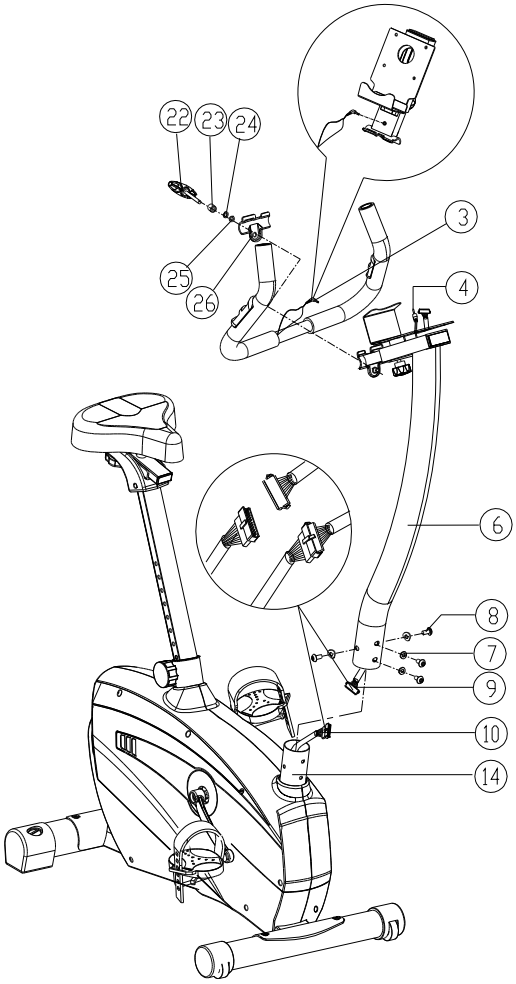


Assembly Hardware Required: **NONE**

1. Insert SEAT POST (#17) into corresponding hole in MAIN UNIT (#14). Tighten down with SEAT POST ADJUSTMENT KNOB. (#16).
2. Insert SEAT (#21) onto SEAT SLIDER (#17). Tighten bolt on underside of the seat with a wrench until seat no longer twists or tilts.
3. Seat Adjustment: Adjust the seat height by unscrewing seat post adjustment knob and tightening into appropriate adjustment hole on the seat post. Leg should be almost fully extended at the bottom of the pedal stroke. Fore and Aft seat position can be adjusted with the seat slider knob. If the seat wobbles make sure that both knobs (#16 and #30) are fully tightened.

Assembly Stage #4

Attach Computer/Handlebar Mast to Main Unit. Attach Handlebar Assembly to Computer/Handlebar Mast.



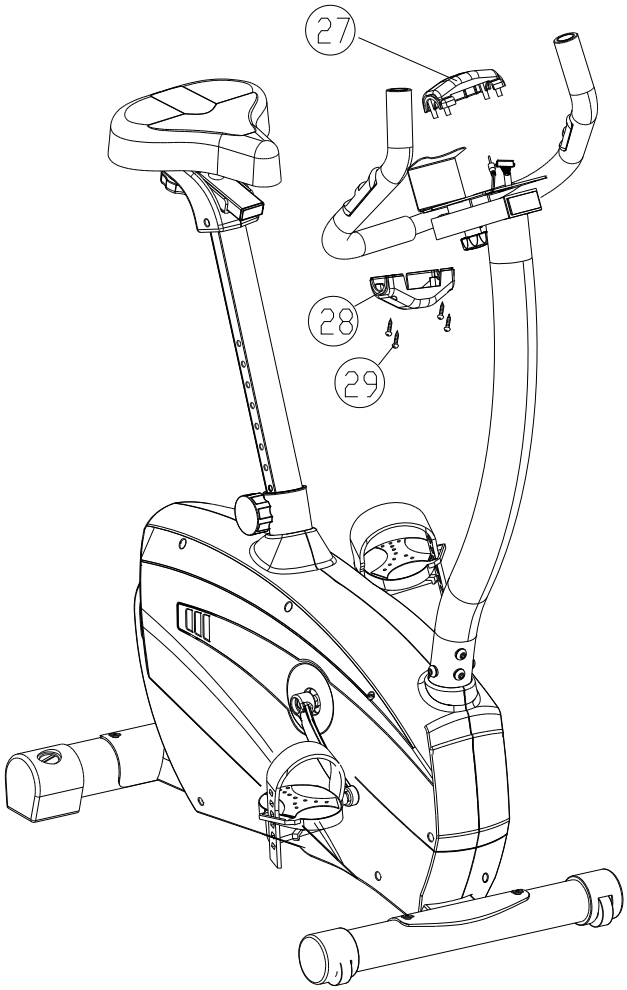
Assembly Hardware Required:

(4) M8 Allen Bolt 16mm (item #8) (already on main unit)
(4) Curved Washers (item #17) (Already on main unit)
(1) T-Knob (item #22)
(1) T-Knob Bushing (item #23)
(1) Spring Washer (item #24)
(1) Flat Washer 7x12x1T (item #25)

1. Attach the LOWER COMPUTER CABLE (#10) from the MAIN UNIT (#14) to the UPPER COMPUTER CABLE (#9) from the bottom of the COMPUTER/HANDLEBAR MAST (#6).
2. Slide the COMPUTER/HANDLEBAR MAST (#6) onto the MAIN UNIT (#14).
3. Fasten the COMPUTER HANDLEBAR MAST to the MAIN UNIT with the 8mm BOLTS (#8) and CURVED WASHERS (#7) and tighten.
4. Place HANDLEBAR ASSEMBLY (#2) in the groove on the COMPUTER/HANDLEBAR MAST (#6) and place HANDLEBAR CLAMP (#26) over the top of the middle of the HANDLEBAR (#2) aligning the steel tabs inside the receiver holes. Fasten with the T-KNOB (#22), T-KNOB BUSHING (#23), SPRING WASHER (#10), and WASHER (#11).
5. Attach HR CABLE extending from the HANLBARS (#2) into the Jack on the COMPUTER/HANDLEBAR MAST ASSEMBLY (#6).

Assembly Stage #5

Attach Handlebar Cover to Handlebar Assembly.

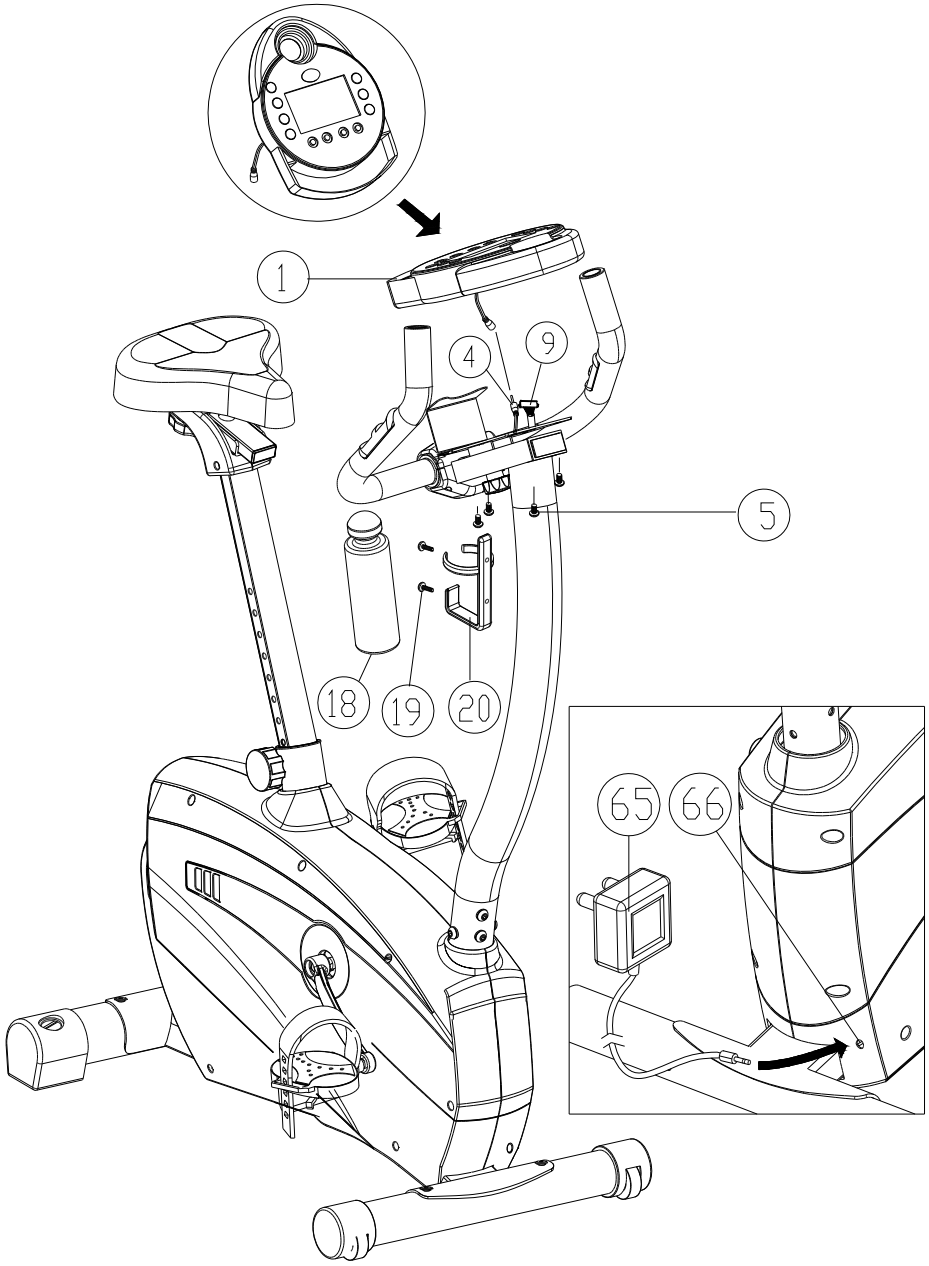


Assembly Hardware Required: **(4) Screws M3x14L (item#29)**

1. Attach FRONT HANDLEBAR COVER (#27) and the REAR HANDLEBAR COVER (#28) around the HANDLEBAR ASSEMBLY (#2) using 4 SCREWS (#29).

Assembly Stage #6

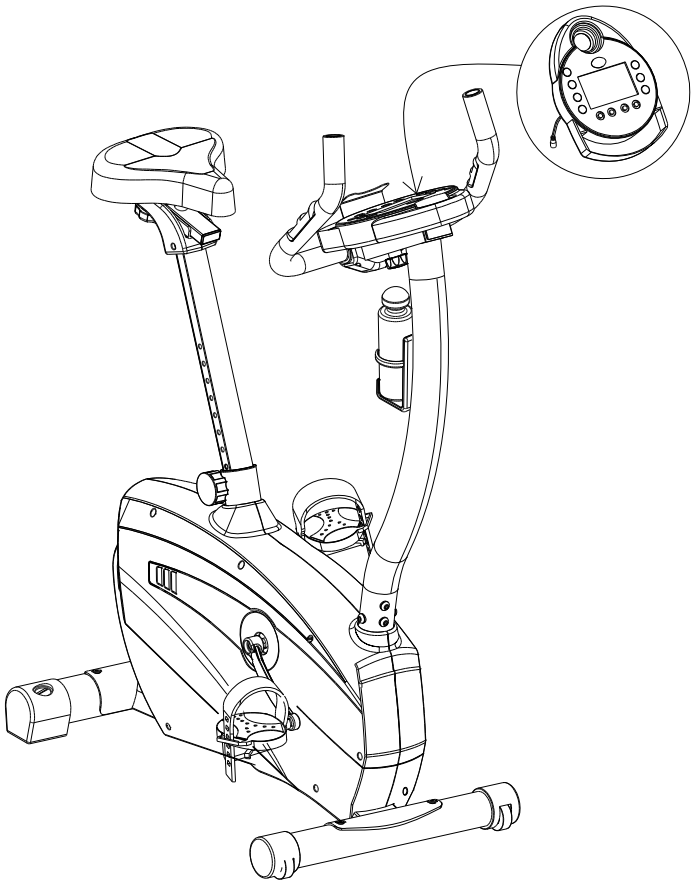
Attach Computer Console to Computer/Handlebar Mast & Water Bottle Cage



Assembly Hardware Needed: **(4) Computer Screws (item #5) (Already attached to computer)**
(2) Screw 5x20L (item#19)

1. Attach UPPER COMPUTER CABLE (#9) exiting top of COMPUTER/HANDLEBAR MAST (#6) to the bottom of the COMPUTER (#1).

2. Place the COMPUTER (#1) on top of the COMPUTER/HANDLEBAR MAST (#6). The reading rack should wrap around the bottom of the computer console.
3. Attach the COMPUTER to the COMPUTER/HANDLEBAR MAST with the 4 COMPUTER MOUNTING SCREWS (#4).
4. Fasten WATER BOTTLE CAGE (#20) to COMPUTER SUPPORT TUBE (#6) with the two WATER BOTTLE SCREWS (#19) and tighten screws.
5. Insert WATER BOTTLE (#18) into WATER BOTTLE CAGE.
6. Insert the POWER PLUG (#67) into the wall and the other end into the POWER INPUT (#68) located at the rear of the MAIN UNIT (#14) just above the FRONT STABILIZER TUBE (#12)



That's it!
You're finished and now you can begin to reach your fitness goals!

Please reference the Owner's Manual for information regarding computer operation, product maintenance, Warranty information, and general fitness and exercise guidelines.

Schwinn Customer Service
1.800.864.1270

Troubleshooting the Schwinn 122/123 Upright Exercise Bike

TIP: Use assembly diagram(s) as reference when troubleshooting unit.

PROBLEM: Computer will not start, function, or is blank…

(SOLUTION):
1. Ensure the batteries were installed correctly.
2. Check the wiring connections and connector orientation made to the computer.
3. Confirm that wiring (cable assembly) has not been damaged
4. If computer still fails to start please call 1.800.864.1270 for assistance.

PROBLEM: No Heart Rate on computer…

(SOLUTION):
1. Check the connections made at the computer and handlebars
2. If heart rate still fails to work call 1.800.864.1270 for assistance.

PROBLEM: Bike will not sit level…

(SOLUTION):
1. Adjust the levelers on the rear stabilizer.

Note: If you need additional support information or assistance in troubleshooting, please contact us at: 1.800.864.1270